



Success Stories

Monroe Elementary

Under the tutorship of the Gold Medal School (GMS) Program, Monroe Elementary has been able to instill in our students the fundamental elements for developing a healthy lifestyle that will continue into their adult life. Monroe Elementary is located in West Valley City, with a population of 702 K-6 students plus 107 preschoolers. The school has participated in the Gold Medal School Program for the past seven years. Student health and safety is an area that we continually focus on since a healthy lifestyle adds to a student's academic success.



On average 500 students walk to and from school daily which adds up to nearly 7,000 miles a month. In addition to walking to and from school, grades 4 through 6, walk or run the outdoor school track during morning recess. This activity not only provides a healthy break, it also intertwines with math. Each student records, adds, divides, and creates graphs as they change laps into miles. To date the students have walked almost 50,000 miles.

During the second week of March, several students participated in a successful Jump-a-Thon for Heart awareness program. They were able to exercise and receive valuable information about the importance of cardiovascular fitness.

Currently the 4th, 5th and 6th grades are working on a spring session of the President's Physical Fitness Test. This test consists of a shuttle run, sit-ups, sit and reach, mile run, and push-ups.



Monroe participated in the International Walk to School Day, hosted a Safety Fair, and funds a P.E. specialist to integrate physical activity into the state reading and math core.



Every year, Monroe offers an after school sports program which offers multiple activities to 4th, 5th and 6th graders. In the fall, girls and boys play flag football. In December, a coed basketball clinic is offered. Boy's basketball begins in January, and girl's basketball begins in March. Each of these activities culminates with a round-robin tournament. In addition spring co-ed soccer is held four days a week, and students are taught and develop appropriate soccer skills.

Through the mentorship of Gold Medal Schools, Monroe Elementary had developed a philosophy of wellness and healthy lifestyles that is ingrained into the school's culture. Although this is the final year in which the school will have a formal GMS mentor assigned to it, the lessons learned will perpetuate a dedication to student fitness that will continue to benefit our children for years to come.